

# BENCHES

## Glute Ham

This Glute Ham Developer supports full posterior chain development with a long base for stability and an adjustable pivot system for user comfort. The split top pad improves movement control, while rubber feet and heavy-duty construction make it a reliable fixture in any facility.



| Product Dimensions                        |  |
|---|--|
| Width                                     | 43 in (110 cm)   |
| Length                                    | 72 in (182 cm)   |
| Height                                    | 48 in (122 cm)   |
| Product Weight                            | 188 lb (85 kg)   |
| Shipping weight                           | 223 lb (101 kg)  |
| Features, Adjustments & Movements         |  |
| Assisted adjustments                      | Gravity assisted positioning   |
| Color coded pivot points and adjustments  | Yes on all units   |
| Frame Specifications & Cable Information  |  |
| Standard frame color options              | 60 Black   |
| Standard upholstery color options         | Black  |
| Frame finish                              | Electrostatic Powder coating   |
| Customizable paint options available      | Yes with additional fees and extended lead times                     |
| Customizable upholstery options available | Yes with additional fees and extended lead times                     |
| Customizable branding options available   | No   |
| Bolt down locations defined               | Yes, Sku dependent   |
| Integrated leveling system                | No, rubber feet for floor protection                                 |
| Hardware type                             | Hex / Button Head  |
| Tubbing style & thickness                 | Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga |
| User Specific Information                 |  |
| Animated lenticulars                      | No   |
| Safety catch & stops                      | Yes, Sku dependent   |
| Grip specifications                       | Integrated Grip and wheels   |
| Contoured pads                            | Yes, contoured back pads on select machines with lumbar support      |
| Restraint system                          | No   |
| SKU                                       |  |
| 9NP-B7522-XXXXX                           |  |